

Mini-grant Applications Available

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Special points of interest:

- Team Nutrition mini-grants are due December 1.
- Pathways Native American health curriculum is ready for delivery.
- School Nutrition Association promotes parent involvement.
- Check out nutrition resources on the web.

Do you need funds to purchase nutrition education materials and/or to conduct nutrition and physical activity projects at your school or child care agency? Apply for a \$1000 mini-grant from the SD Department of Education to use from January 2007 through May 2007.

Mini-grant funds can be used to purchase nutrition education curriculum, teacher aids (such as food models, MyPyramid displays, gardening supplies and nutrition educational

games), fruits and vegetables for tasting demonstrations and other expenses as allowed. Planned activities must accompany use of mini-grant funds and ideas for activities include gardening projects, fun runs, staff nutrition education training, nutrition and physical activity festivals for students and parents, classroom nutrition education, walking programs, linking the cafeteria to the classroom as well as other potential activities as approved.

Applications are available from the SD Department of Education at: <http://doe.sd.gov/oess/cans/nutrition/index.asp>. Applications must be postmarked by **December 1, 2006**. Agencies will be notified by January 15th if they have been awarded a mini-grant. Please call Child and Adult Nutrition Services at (605-773-3413) if you have questions.

Mini-grant at SD Human Services Center

To promote physical activity in our adolescent population, a "Walk Across South Dakota" program was developed. A path across SD was mapped out with well-known stops along the way matched to a list of rewards. For each mile walked, they moved 10 miles on the map. The next walk is currently being completed and is a "Walk Across California". The kids have had a lot of fun getting more exercise, win-

ning prizes along the way, and learning about the different states. All participants in the walk earned a water bottle and are drinking more water and less pop as a result.

Curriculum was purchased through the grant award to meet our second goal—provide nutrition education classes once a week.

The SD Human Services Center continues to make changes to promote healthy



lifestyle choices. In our vending machine area only snacks with 5 grams of fat or less are offered.

We had a Fitness Fun Day with tests for body mass index, blood pressure, lung capacity, flexibility and diabetes screening. Following their screenings patients have the opportunity to develop fitness and health goals with therapeutic recreation specialists and nurses.

HealthierUS School Challenge: Third in a Series

The USDA believes that schools should be taking a leadership role in helping students to make healthy eating and active lifestyle choices. This HealthierUS School Challenge promotion recognizes a school's commitment with Silver or Gold awards.

Step 4 in the elementary school challenge says, "Nutrition education is provided to students in multiple grades of your school and meets or exceeds the criteria." Criteria in-

clude: Nutrition education is provided for at least half of the grade levels in your school. Nutrition education is delivered as part of a structured and systematic unit of instruction. Nutrition education involves multiple channels of communication—at least classrooms, school cafeteria, and home/parents—for each grade to which it is provided.

A helpful tool for tracking nutrition education in your school is available



from <http://doe.sd.gov/oess/cans/nutrition/docs/CurriculumSurveyHealthierUS.doc>

Curriculum for conducting nutrition education is available at no cost from Team Nutrition, <http://teamnutrition.usda.gov>. For more information about available curriculum contact the SD Team Nutrition staff listed in this newsletter.

Pathways Curriculum Available in December

The Pathways Curriculum is a health promotion curriculum for American Indian children in grades three, four, and five. The curriculum incorporates American Indian concepts that are culturally appropriate for the seven American Indian nations who participated in developing the curriculum. Among those nations are the Oglala Lakota (Oglala Sioux Tribe) and Sicangu Lakota (Rosebud Sioux Tribe) in South Dakota.

The framework for the Pathways curriculum is designed to encourage change. Patterns are introduced by promoting healthful eating and physical activity, by providing opportunities to eat healthful foods,

and by creating peer support for selecting healthful foods and doing regular physical activity.

The curriculum includes charts of foods eaten by the nations involved as well as a glossary and pronunciation guide for the native terminology used in the curriculum.



Lessons average 45-60 minutes each and include twenty-four lessons for third and fourth grades and

sixteen lessons for fifth grade. The lessons to be delivered in sequence will build skills.

Check the SD Team Nutrition website, <http://doe.sds.gov/oess/cans/nutrition/index.asp>, in Decem-

Two American Indian children who live in an Indian community model the process of changing behaviors. They begin a journey with their grandparents, who impart their personal life experiences through storytelling and cultural pride.

ber for links to this no-cost curriculum. SD content standards in math, social studies, language arts, science, and health have been identified. Selected lessons have additional adaptations to increase the academic components of the curriculum and will also be available.

Training in implementing this curriculum will be offered in selected areas of the state. For more information contact the Nutrition Network at (605) 688-4039.

School Nutrition Association “We Can” Series

A set of publications is available to download from the School Nutrition Association (SNA) website at <http://www.schoolnutrition.org/index.aspx?id=1981#tools>.

The four-part series called Growing Healthy Children in OUR School includes these titles and topics:

We Can Work Together to Help Children Make the Right Food and Health Choices.

We Can Work Together to Improve Classroom Parties and Academic Incentives.

We Can Work Together to Create and Promote Healthy School Fundraisers.

We Can Work Together to Build Healthy School Environments and Support the Health Goals of the School Nutrition Program (for Administrators).

We Can Work Together to Help Children Make the Right Food and Health Choices

1 The Challenge

The millions of school lunches and breakfasts provided through the National School Lunch Program and School Breakfast Program are nutritious, balanced meals, provided in age-appropriate serving sizes that meet federal nutrition requirements limiting calories from fat and saturated fat, while providing the fruits, vegetables, dairy, protein and grains that children need to achieve and maintain a healthy weight.

Too often, however, children do not take advantage of these low-cost, high-quality meals because other foods—often of low-nutritive value—increasingly are available through the school—in vending machines, school stores, the cafeteria and even the classrooms. Research shows they have become contributing factors in America’s child obesity epidemic.

The development, implementation, and enforcement of such policies will rely on the leadership and dedication of parents, teachers, and administrators working together with school nutrition directions and managers.

Vote for School Lunch Campaign Ends



Some students tasted the candidates during School Lunch Week 2006 and dined with the mayor.

In the National School Lunch Week “Vote for School Lunch” campaign, students voted for their favorite school lunch candidate. Pete Pizza was declared the winner among five nutritious school lunches. *Pete Pizza* was made with low-fat cheese and a whole-grain crust and was topped with vegetables and lean meat. *Sally Salad* gathered votes because of her leafy greens, colorful vegetables, low fat dressing, and eggs as a key part in kids getting recommended daily servings of fruits and

vegetables. *Rocco Taco* featured a whole-grain taco shell, low fat cheese and lean meat along with vegetables. *Ricky Chicken* was lean white meat baked with a whole grain breading. Lastly *Heddi Spaghetti* featured a tomato sauce high in vitamins A and C, with low fat cheese and lean meat sauce. Heddi is sometimes served with whole-grain pasta. Recipes are available at <http://docs.schoolnutrition.org/meetingsandevents/nslw2006/menu.asp>





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RESOURCES, RESOURCES

"Bright Ideas" for using Eat Smart. Play Hard. Idea sheets at <http://www.fns.usda.gov/eatsmartplayhard/Collection/main.html>. Scroll to low on the page. Example: Enlarge the Power Panther clip art, cut them out, and make "puppets" by attaching the images to a wooden craft stick. Children can create their own puppet show.

Take Action Series: Promote Fruits and Vegetables in Your Workplace and Community. Ideas for professionals to encourage healthy actions. <http://www.fns.usda.gov/oane/SNAP/TakeAction/TakeActionfruitandveg.pdf>

South Dakota Schools Walk. Motivate your students to incorporate physical activity into everyday lifestyles. <http://doe.sd.gov/oess/schoolhealth/sdwalks/index.asp>

Food Safety Quiz plays like Jeopardy. <http://www.oznet.k-state.edu/foodsafety/images/foodsafetygame.ppt#322>

Football Trading Cards give healthy tips from NFL football players. Get "energy in" and "energy out" tips from Jake Delhomme, Brian Urlacher and Brett Favre. <http://www.actionforhealthykids.org/Recharge/pdf/Three%20player%20cards%20for%20Website.pdf>

Recipe Finder. Get healthy recipes for every food group from the Food Stamp Nutrition Connection. <http://recipefinder.nal.usda.gov/>

Research to Practice. Center for Disease Control. Healthy Weight: How to Avoid Portion Size Pitfalls to Manage Your Weight. Includes a great game board to download. http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/portion_size.htm

Healthy Weight: How to Use Fruits and Vegetables to Manage Your Weight. http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/weight.htm